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MARINE CORPS RECRUIT DEPOT SAN DIEGO

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Policeman awarded for heroic achievement

BY STAFF SGT. SCOTT DUNN
Press chief

A military policeman who rescued a woman from a flooded subway in October received an award for heroic achievement here Tuesday.

In a Headquarters and Service Battalion formation, the battalion's commanding officer, Col. Ana R. Smythe, presented the Navy and Marine Corps Achievement Medal to Cpl. Daniel A. Walker for his actions Oct. 27.

According to Smythe, Walker was not awarded this medal simply for swimming to save the endangered woman; he received it for responding as swiftly and accurately as he did, passing the real-life test with which he was faced.

According to the award citation, "Walker responded without hesitation to a woman's cries for help. Without concern for his own well being, he proceeded into the cold water continuing to provide words of comfort to the stranded victim. In water that rose above his head, he made contact with the victim, gained her confidence, and pulled her off the car. Once he had gained positive control over the victim, he used his Marine Corps water-survival skills to move the victim to safety."

At the flood scene some three months ago, about 300 feet from Gate 4, the depot's main entrance, Rosa Maria

SEE **Heroics**, pg. 2



Cpl. Daniel Walker, a lance corporal at the time, talks to TV reporters after he rescued a woman from her car, which submerged in a flooded subway under eight feet of water Oct. 27 near the depot's entrance. For his actions, Walker recently earned a Navy and Marine Corps Achievement Medal. Archive photo by Staff Sgt. Scott Dunn/Chevron

Iwo Marines visit depot

BY CPL. EDWARD R. GUEVARA JR.
Chevron staff

Eight Marines who fought in the Battle of Iwo Jima attended the depot's Friday morning Colors ceremony and a recruit training company's graduation last week.

The former Marines were invited as part of the depot's annual recognition of the famous 1945 battle immortalized by photographer Joe Rosenthal and his Feb. 23 picture of five Marines and one corpsman raising the American flag atop the island's Mount Suribachi.

These living Marine Corps history icons visited with depot Marines in a private setting after the colors ceremony.

"They talked about their stories and experience in combat," said Sgt. Jose D. Muniz, depot color sergeant, depot ceremonial detail. "It was a history class of what they went through, not what the book says. It's better to hear it out of their mouths than out of a book."

Brig. Gen. John M. Paxton Jr., the

depot and Western Recruiting Region commanding general, revisited the epic battle through his words at the colors ceremony and gave visitors some insight to what these former Marines accomplished.

The Japanese did not give up the small, volcanic island as easily as Saipan, Tarawa or Peleliu, according to the University of San Diego History Department. The Japanese fought for a precedence to show the United States that it would not overtake Japan. Historians say the Japanese soldiers did not plan on living through the battle.

The United States sent more Marines to Iwo Jima than to any other battle before it — A convoy of 110,000 Marines in 880 U.S. ships sailed from Hawaii to Iwo Jima in 40 days. The Marines fought for more than a month with about 25,851 casualties and killing about 22,000 Japanese. Nearly 7,000 Allied forces members were killed in action on Iwo.

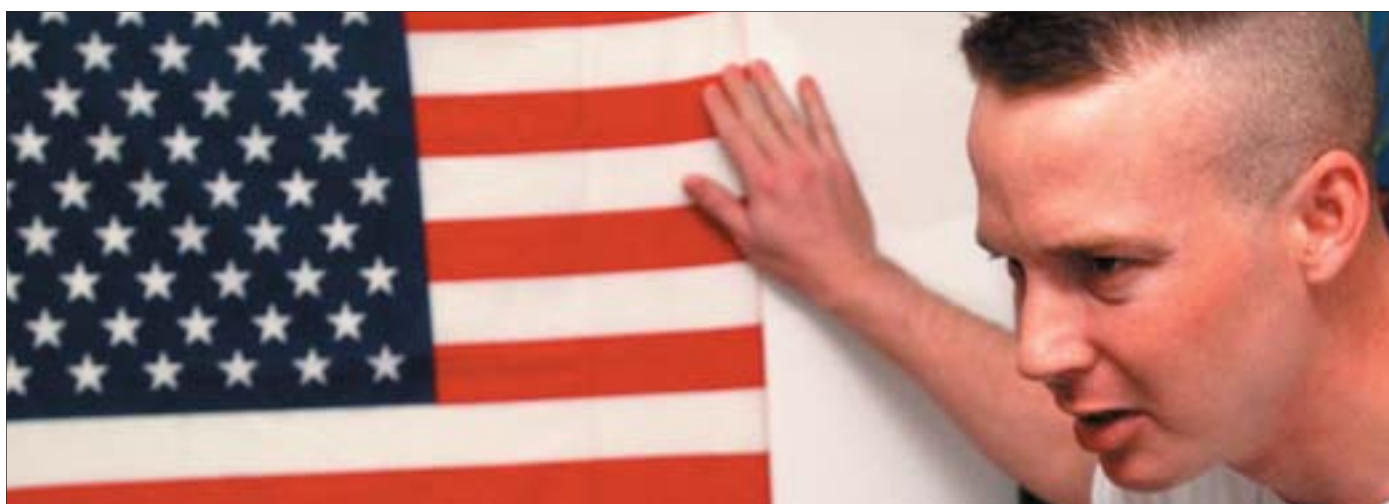
Although the battle had been declared



(From left) Iwo Jima Veterans Master Sgt. James Childs, 1st Sgt. Glen Kanig and Sgt. James A. Earle share stories with Brig. Gen. John M. Paxton Jr., depot and WRR commanding general. Cpl. Jess Levens/Chevron

a U.S. victory, the fighting was far from complete as occupation of the island turned over the Army, according to Iwo Jima vet and retired 1st Sgt. Glen L. Kanig, who was also the parade reviewing officer for Company D's graduation.

Marines remember the bloody battle and reference it as a famous time in Corps history where Marines epitomized perseverance and tenacity.



Pausing to catch his breath in his room at Naval Medical Center San Diego, Cpl. Bradley A. Collier shows the bandana he stowed under his helmet when a sniper bullet pierced his lung in Iraq, Aug. 13, 2004. He has since been recovering from Post-Traumatic Stress Disorder. Cpl. Jess Levens/Chevron

SCARS UNSEEN

Recovering vets
coping with more
than bullets &
shrapnel wounds;
leaders want
Marines to
understand PTSD

BY CPL. JESS LEVENS
Chevron staff

Twenty-eight year old Cpl. Bradley A. Collier described death: "I closed my eyes and all the noises faded away, and all the pain stopped."

"It was bright. I didn't see angels, but I saw the light. It wasn't bright like the desert sun. It was more like moonlight beaming down on me. My platoon sergeant's screams sounded like they were miles away, but when he slapped me, I opened my eyes and

all the pain came back."

Collier touched death four times Aug. 13, 2004 after taking a sniper's bullet and rocket-propelled grenade shrapnel in Iraq. Four times his heart stopped beating; his vital signs stopped registering.

The Company F, 2nd Battalion, 4th Marines infantryman was carried off the battlefield after a four-and-a-half-hour firefight. Now, halfway around the globe, plagued with multiple injuries and diagnosed with Post-Traumatic Stress Disorder, Collier's new unit

SEE **PTSD**, pg. 9



SOCCKER!

Air Force shoots
down Marines in
All-Services tourney

6

FEBRUARY
National
African-
American
History
Month

**THIS MONTH
IN HISTORY**

5

Heroics, from pg. 1
Miranda, a scullery worker at the recruit mess hall, said she would have drowned if Walker did not come to her aid when he did. Walker was finishing a 12-hour shift when Miranda drove her car into the flooded subway.
According to Walker, around 4 a.m., a car stalled in the flooded subway. The driver safely exited her car and approached Walker at Gate 4. About 20 minutes later, Walker heard another woman screaming.
“At first, I didn’t know what was happening,” said Walker. He said a woman was yelling, “Help me! Please, help me!”
Witnesses from the nearby Vietnam Veterans of San Diego shelter, whose residences and office spaces suffered flood damage, said they heard the same distress.

With streetlights on inside the Witherby Street subway below Pacific Highway, Walker said all he could see was Miranda holding her purse sitting on water. She was actually on the roof of her Ford Focus, which was submerged in six feet of water. When she had driven in the water, the engine died and the car began floating. Miranda said she climbed out when she felt water around her ankles.
Walker called for backup and MPs arrived to man the gate. With rain pouring, Walker, a husband and father, removed his police gear, swam to a frantic Miranda, and tried to calm her.
“(Lance Cpl. Walker) kept talking to me and telling me to relax,” Miranda told local TV reporters through Spanish interpreter Lance Cpl. Oscar Gonzalez-Millan.

“He saved my life. Without him, I would have drowned because I don’t know how to swim. I thank God and Daniel for helping me.”
Walker said there was no technique to his rescue: “She grabbed on, choking me. I thought, ‘I guess we’re doing it this way.’”
The shortest distance to safety was across the water from Gate 4, so Walker swam until he touched bottom and carried Miranda to solid ground.
“Being at my post – being an MP, being a Marine – we’re first responders. That’s our job,” said Walker. “I just thought someone needed help, and I was the man on duty.”
Portions of this story are from earlier news reports.

MotoMail hits frontlines in 24 hrs.

BY CPL. EDWARD R. GUEVARA JR.
Chevron staff

Marine families and friends can now send free letters to loved ones serving in Iraq, Afghanistan, Kuwait and Bahrain, usually within 24 hours, through www.motomail.us, a Marine Corps-funded project.

The Web-based service dubbed MotoMail is intended to help families get word to forward-deployed Marines, especially corporal and below infantrymen and artillerymen, according to Headquarters Marine Corps Postal Affairs officer Chief Warrant Officer Don L. McCarty.

“We realize that most officers and senior staff (noncommissioned officers) have e-mail,” he said. “We wanted this for the combat-arms (military occupational specialties’) junior Marines.”

The program is not meant to replace e-mail or regular postal mail, but rather it is intended to quickly reach Marines far from e-mail access. Durability and tangibility are two advantages MotoMail has over e-mail.

“It comes out on very heavy-duty stock paper,” McCarty said. “It is something they can put in their pocket and read over and over again. Most places they can read e-mail don’t have printers.”

As of Monday, 36,406 letters had been printed in Iraq, at an average of 1,000 letters per day. The Web site has been hit more than 140,000 times at an average of 3,000 hits a day, according to McCarty.

The program officially started Dec. 2, and has increased in popularity every week since. December totaled about 14,000 letters and January totaled about 22,000 letters, according to McCarty.

“More people are finding out about it, and more people are trusting the system,” said McCarty. “We have almost 15,000 registered users.”

Before users can send letters, they must register by submitting an e-mail address and a return address. Once registered, users can make an address book of Marines to whom they want to send letters.

According to officials, to keep the privacy of these letters on the same level as normal letters, a special system prints the letters, folds them, stuffs them into envelopes, seals the envelopes, labels them and sorts them for hand-delivery to the intended unit and eventually to the Marine.

Messages to any Marine in general can even be sent through a generic form at the Web site. Generalized messages are made into a portable document format file and printed. They are then posted in post offices and mess halls for many Marines to see.

Less visible are the new system’s scanning stations. Designed for children who cannot type yet or do not have access to a computer, they are located at post offices throughout the Corps. With children’s drawings, handwritten letters, and even the latest copy of the sports page, scanning stations allow for a more personal touch, according to postal officials. The only difference is that privacy cannot be guaranteed because the postal worker will need to scan the information for family members.

The closest station to Marine Corps Recruit Depot San Diego is located at the Marine Corps Air Station Miramar, Calif., post office. Marine Corps Base Camp Pendleton, Calif., is scheduled to add a scanning station once a place is negotiated with their Marine Corps Community Services there.

The Marine Corps is currently the only U.S. military branch using such a service, although sailors attached to Marine units are eligible to use it. The Marines got the idea from the United Kingdom Armed Forces’ e-Bluey. The American-based www.superletter.com is the backbone of both systems, according to McCarty.

For people who write long letters or take longer than 15 minutes, McCarty recommends they use the MotoMail Web site’s Quick Letter Writer program to prepare letters offline. He also reminds writers that their letters can be as long as they want, but the system can only send one page per envelope, so large letters will be split into separate parts, but all will be delivered.

One downfall McCarty sees is the inability to add attachments or personal touches such as perfume from a lover. He said MotoMail creators have made no immediate plans to scent printed letters yet.



2 war vets bound for Super Bowl

‘We’re going on a first-class flight, staying in a five-star resort . . . sitting in box seats.’

— Lance Cpl. Christopher M. H. Laha

BY CPL. EDWARD R. GUEVARA JR.
Chevron staff

Two Medical Holding Platoon Marines here are headed for Super Bowl XXXIX in Jacksonville, Fla., on an all-expenses paid trip. Their flight left yesterday.

Lance Cpls. Christopher M. H. Laha and Jesse Luong recently won the tickets in a drawing at the medical center. A local computer company that received tickets for its employees also donated two of their tickets to combat veterans.

“We’re going on a first-class flight and staying in a five-star resort,” said Laha, about the trip, which is fully sponsored by Advanced Micro Devices, Inc. “We are sitting in box seats.”

The Philadelphia Eagles fan said he has never been to an event of this proportion before. Although he lucked out getting the tick-

ets, Laha had to go through Headquarters and Service Battalion commanding officer Col. Ana R. Smythe, and sergeant major, Sgt. Maj. Armando Escobedo, to get them.

“The colonel brought me into her office and the sergeant major started reading me my rights,” said Laha, who is currently working at Service Company. “Of course I can laugh at it now, but for a moment there, I really started to think I did something wrong.”

The two Marines are cleared to leave the hospital and don’t require any special medical attention while they are gone, according to MHP liason Staff Sgt. Shawn M. Cheney.

“The best thing about all of this is just getting the opportunity to go,” said Laha. “There is very limited seating and it’s \$6,000 for the seats we are in. I don’t think there are any tickets left.”

Military blood drive coming

BY CPL. JESS LEVENS
Chevron staff

Those who fear needles need to get over their belonophobia soon because a depot-wide blood drive is scheduled for Feb. 15, during a safety stand-down at McDougall Hall, and all Marines are encouraged to give.


“This blood goes to the injured Marines in Iraq,” said Col. Ana R. Smythe, Headquarters and Service Battalion commanding officer. “Blood is the one gift you can truly give of yourself, and one pint can save two lives.”

Depot personnel donated 93 units of blood at the last drive – a depot record, but Smythe said Marines should shatter that record.

“There is no reason not to give,” said Smythe. “It takes maybe 15 minutes of your day. I understand that some people are afraid of needles, but no one likes having a needle stuck in their arm. The lives it saves are worth the short period of discomfort.”

In a recent e-mail, Brig. Gen. John M. Paxton Jr., Marine Corps Recruit Depot San Diego and the Western Recruiting Region commanding general, said blood for military use is an incredibly worthwhile cause, and with the depot’s “enviable track record,” Marines “should continue to raise the bar and increase awareness.”

Blood drive operators will offer snack and drinks to raise comfort during donation.



Brig. Gen. John M. Paxton Jr., Marine Corps Recruit Depot San Diego and Western Recruiting Region commanding general, gives blood at McDougall Hall during a 2003 Naval Medical Center San Diego blood drive. Brig. Gen. Paxton, who has said he tries to give blood at least twice a year, also said he believes banking blood for military use is a worthwhile cause. Archive photo by Cpl. Edward R. Guevara Jr./Chevron

Braving moral courage against the majority shows true guts

‘Each time a man stands up for an idea, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance . . . Few are willing to brave the disapproval of their fellows, the censure of their colleagues, the wrath of their society. Moral courage is a rarer commodity than bravery in battle or great intelligence. Yet, it is the one essential, vital quality for those who seek to change a world that yields most painfully to change.’

— Robert F. Kennedy (1925-1968),
Former U.S. Attorney General and U. S. Senator

BY CMDR. RANDAL B. CRAFT
Contributing writer

There is much we can learn from the words of that great American. Those of you familiar with the history of our nation know that Kennedy had a passion for justice and improving the welfare of people. He had a keen desire to stand up for the rights of his fellow man. As we pick up from his words, he knew it took a great deal of courage to fulfill his aims and desires. This is because change within society and the world is not easy. It involves not just us, but others, and not everybody is going to jump on the bandwagon.

When it came time for Kennedy to demonstrate moral courage, I expect he found himself often outweighed by the majority. Yet, he knew the benefit of taking a moral stand for the sake of what is the right thing to do in any particular situation.

As men and women who strive to be strong examples of the Core Values, it is our duty to exemplify moral courage. We can expect to find ourselves in situations that demand it. Sometimes, change for the sake of justice, integrity, or improving the lot of others, can meet with a wall of resistance. There can be any number of reasons but, ultimately, it may take some moral courage to help dissolve the barriers before us. There will be times we feel alone in our efforts. That is exactly why Kennedy said that moral courage is rare. It may involve a hefty price . . . a great sacrifice before all is said and done. That is also why Kennedy said, “Few are willing to brave the disapproval of their fellows . . .” You may at first be in the minority, but standing up for what is right with moral courage can have a ripple effect as Kennedy also said. We may, by our example, change the way others think and act. There is no telling the kind of impact you can have in any given situation if you stand up with moral courage. Are you prepared to take such a stand? The Marine Corps and Navy are each grounded in a strong heritage of moral courage. May we each take the right stand with moral courage when we are confronted with the opportunity. Remember, “Each time a man stands up for an idea, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope . . .”

Cmdr. Craft is the Headquarters and Service Battalion chaplain at Marine Corps Recruit Depot San Diego. This commentary is a piece he recently submitted to the battalion as part of his weekly Core Value Insights articles.

BY CPL. ANTHONY M. GUAS
Marine Corps Air Station Beaufort, S.C.

I have been living in Beaufort, S.C., for almost two years, and I have driven to Miami multiple times, but it has never struck me that I have been beating the odds.

Every day I leave my house and get into my car, I run the risk of being in an accident, whether it’s my fault or not. Being from a big city the risk is even greater.

Living here in Beaufort has put me at ease; it’s a slower pace around here. I feel much more relaxed driving in Beaufort, even when I take a long trip to Charleston, S.C., or Savannah, Ga. Although Beaufort has its fair share of non-responsible drivers, driving here is definitely different from a big city.

This Christmas, I drove down to Miami and I couldn’t believe my eyes. I saw at least three major accidents on my way home. One car looked like someone chewed it up and spit it back out. At first I was angry because of all the traffic, but once I saw the vehicles, I wondered if the people were OK or even alive. Then I thought, “Man, that could easily be me.”

The Marine Corps tries so hard to emphasize safety. Mandatory safety briefs, making service members take driver improvement courses and requiring the section leaders emphasize safety are a few methods used by the Marine Corps to keep us safe. At first, I didn’t think much about it, but now I realize that it greatly improves my chances of survival.

When I get out on a road, I’m facing thousands or millions of unknown drivers, especially on holidays. I don’t know who they are, where they come from or how well they can drive. The only thing I can trust is my driving skills.

Something as simple as a turning signal is a lost art for most drivers. At times, I wonder if they give licenses to anyone with a pulse. I think states should make mandatory annual driving tests and safety driving classes.

While driving in Miami, I was cut off numerous times, and I also had someone parallel to me drive into my lane. When that happened, I sat back and thought, “What is wrong with these people?” They must not even care about their safety or the people around them.

I am not the best driver in the world, and not the worst by far, but people make driving so much harder than it has to be. If drivers would just get off the cell phone or stop trying to do other things while driving, they could pay attention to the road. Yes, people can drive and do other things—it’s possible. But, it’s also possible that something can happen that split second – the driver looks down and bam it’s all over. When on the road, a driver’s whole focus should be driving. What a concept.

I don’t want people to be perfect drivers, just better ones. In an accident, you’re not just affecting your life, but the thousands of other drivers on the road. Something as simple as a turning signal can change someone’s life.

Cpl. Guas is a staff writer for the Jetstream newspaper serving MCAS Beaufort.

Exercise alone won’t beat heart disease

AMERICAN HEART MONTH

BY 1ST LT. ANTHONY DEL SIGNORE
Deputy public affairs officer

My family has a history of cardiovascular disease, but I am physically fit and appear to be in fine health. I have escaped the grasp of the number one killer in America, right? Wrong. I have reduced the risk but have not eliminated it.

Cardiovascular disease is the number one killer in America. One in four people will suffer from some form of heart disease, according to www.annecollins.com, a nutritionist’s Web site. An even more striking figure, last year 1.2 million Americans discovered heart problems after suffering a heart attack, and 502,000 of those died.

I had no reason to ever think that I could be at risk. In fact, I was completely ignorant on the disease until my February Runner’s World magazine came in the mail. February is American Heart Month and Runner’s World dedicated a portion of its magazine to informing its readers about cardiovascular disease. It gave information I think all should know. Most of this article’s facts come from the articles in that February 2005 edition of Runner’s World, which I recommend to get a better, more in-depth understanding of heart disease.

It is easy to assume that those of us who exercise regularly and who are not overweight are perfectly healthy. We often assume we are able to eat anything we want because we will burn it off in our afternoon workout. This cannot be further from the truth.

Runner’s World tells a story of an Ironman triathlete who ate whatever he desired, to include boxes of chocolate doughnuts. Last summer that triathlete had a heart attack and has since overhauled his diet.

Peter Moore was another athlete who had run two marathons, climbed the Grand Tetons, and regularly biked for hours. In 2002, while three miles into a 30-mile bike ride, he was unusually exhausted. A few days later he found out an artery at the top of his heart was 99 percent blocked.

I thought I was as healthy as they come. I didn’t even think to have my cholesterol checked or to take a blood test or sounding of my heart. It never crossed my mind.

The fact is that running or exercising is just one aspect of cardiovascular disease prevention. We need to do much more.

We need to be informed. Find out if you have a family history of heart problems. Know your heart numbers and keep them at an appropriate level (blood pressure, cholesterol, triglycerides and blood glucose level). Your blood pressure should be lower than 120/80, HDL cholesterol above 50, LDL cholesterol lower than 100, triglycerides lower than 150, and blood glucose level lower than 100. It is important to get a heart inspection annually.

We need to eat healthier, maintaining a waist circumference less than 40 inches for men and 35 inches for women. That means avoiding fast food and other high-fat, high-cholesterol foods. Drinking 40 or more ounces of water daily will also help lower your risk.

Because it’s American Heart Month, now is a good time to schedule an annual heart check-up, and remember exercise is not all you should do to reduce your risk for heart disease.

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National Prayer Breakfast

Brig. Gen. John M. Paxton Jr. will be the guest speaker at the depot's observance of this year's National Prayer Breakfast from 6:30 a.m. to 7:30 a.m., Feb. 15, at Duncan Hall.

Seating will be limited, so organizers recommend attendees pre-pay \$1.90 with exact change Monday to Wednesday from 9 a.m. to 11 a.m. at the depot chaplain's office in Pendleton Hall or at the Headquarters and Service Battalion chaplain's office in Building 15.

Meal tickets can be purchased at the door, but this is not recommended because organizers expect a long line and want patrons seated with their meal by no later than 6:30 a.m.

All active duty personnel and civilian employees aboard MCRD are welcome to attend. Service members should be in the uniform of the day. For more information, call H&S Bn. chaplain, Cmdr. Randal B. Craft at (619) 524-1347.

Women Marines Association celebrating 62nd Anniversary

The San Diego chapter of the Women Marines Association will hold its 62nd anniversary of women Marines Feb. 19 at the Hilton Hotel in Mission Valley at 901 Camino del Rio South, San Diego. Active duty Marines and their guests are invited to attend. The cost per ticket is \$19, which includes a meal. The deadline for reservations is Feb. 15. For more information, contact Gunnery Sgt. Busby at (619) 524-1980.

All services enlisted ball

The San Diego Armed Services YMCA is hosting its 17th Annual All Services Enlisted Ball at Paradise Point Resort and Spa May 7.

For more information, call the event coordinator Cindy Farless at (619) 232-9084 or visit www.asymcasd.org.

Prevention and Relationship Enhancement Program

One-day workshops for the PREP program fiscal 2005 are available every other month (Feb. 9, April 27, June 22, Aug. 24) Wednesday from 8 a.m. to 4:30 p.m. at the Education Center, Building 111.

PREP teaches couples how to communicate effectively and work as a team to preserve and enhance love, commitment and friendship, as well as solve problems and manage disagreements. Active duty members and their spouses or fiancés, as well as civilian depot employees, are invited to attend. Priority will be given to active duty members and their spouses or fiancés.

Child care is available. Please sign up no later than one week before a workshop.

For more information, call the Family Team Building office at (619) 524-0916 or (888) 718-3027.

Bible study opportunities

The Headquarters and Service Battalion Bible study, Hearers and Doers, is open to all H&S personnel, both active duty and civilian, including Recruiters School personnel and students. The group meets from 11:45 a.m. until 12:45 p.m. Tuesdays in the H&S Bn. Headquarters classroom, Building 15. The group is currently reading and discussing the book, "The Purpose Driven Life," by Rick Warren. Come as you are. Please call the battalion chaplain for further details including information about acquiring Warren's book.

Officers' Christian Fellowship is available to all depot officers Friday mornings



DRESS-RIGHT-DRESS REHEARSAL
(From left in foreground) Pvts. James Snyder, Brian N. Robbins, Jeremy H. Mitchell and Roberto Solorio, Platoon 2046, perform dress-right-dress during Company H's graduation practice Friday. Dress-right-dress is a drill movement that aligns troops in a formation. Lance Cpl. Dorian Gardner/Chevron



This year's Commanding General's Cup is well underway, and if it's anything like last year's competition, it should be a close race to first place. Here are this year's remaining events:

- **Horseshoes Tournament, Feb. 22** (coaches meet Feb. 7)
- **Tennis Tournament, March 1** (coaches meet Feb. 23)
- **Walleyball Tournament, March 8** (coaches meet Feb. 28)
- **St. Patrick's Day Run, March 15**
- **Dodgeball Tournament, March 22** (coaches meet March 14)
- **Racquetball League, March 29** (coaches meet March 21)
- **Basketball Tournament, April 5** (coaches meet March 28)
- **Billiards League, May 17** (coaches meet May 9)
- **Softball League, May 24** (coaches meet May 16)
- **Freedom Run, June 30**
- **Flag Football League, July 5** (coaches meet June 27)
- **6-on-6 Outdoor Soccer, Aug. 16** (coaches meet Aug. 8)
- **Sand Volleyball, Sept. 27** (coaches meet Sept.19)
- **Bowling League, Oct. 3** (coaches meet Sept. 26)
- **Powerlifting Tournament, Nov. 15** (coaches meet Nov. 7)
- **Turkey Trot, Nov. 22**
- **3-on-3 Basketball, Nov. 29** (coaches meet Nov. 21)
- **Field Meet, Dec. 9**

at 6:30 a.m. The group meets for about an hour in the Headquarters Company classroom in Building 6W. The meeting ends so that those involved in Friday Morning Colors are able to make it to the ceremony on time. The group study is currently focused on the book, "Your Work Matters to God," by Doug Sherman and William Hendricks.

Interested officers can join the study at any point in time whether or not they

are familiar with or have been reading the subject book. Please give Lt. Col. Scott McLennan, executive officer, H&S Bn., a call at (619) 524-1980 for further details including information about acquiring the book.

Financial Education Fair

The Department of Defense, in partnership with the Office of Personnel Management, will hold a free Financial Education Fair here Tuesday from 10:30 a.m. to 2:30 p.m. at McDougall Hall. Workshops begin at 11:00 a.m.

This event will be open to all active duty military and their families, civilian employees and their families, and retired civilian and military personnel and their families. Registration is not required.

The Financial Education Fair will be a chance for military and civilian personnel and their families to attend workshops and hear leading speakers on financial topics they care about. There will also be numerous financial education exhibitors.

Exhibitors and speakers will be from a large cross section of local-and-national federal, state and professional organizations. The exhibits will have information that attendees can use to help themselves better understand their financial needs and the issues facing us all. We will also have experts on hand to provide information and answer questions about the Federal Long Term Care Insurance Program and flexible spending accounts.

This Financial Education Fair is a great training opportunity for everyone, and supervisors are encouraged to allow their personnel time to visit the exhibits and attend the workshops.

For more information about the fair, please contact Marine and Family Services' Personal Financial Management specialist Michael McIsaac at (619) 524-1204 or michael.mcisaac@usmc.mil.

Sportsman's Club

The Sportsman's Club of Camp Pendleton, Calif., is now open to depot

personnel, active duty, retirees, reservists and Department of Defense employees. The club promotes and enriches hunting, fishing and other outdoor activities. Officials hold club meetings the second Tuesday of every month at Building 25264 at Marine Corps Base Camp Pendleton at 6:30 p.m. For more information, check out the club Web site at <http://thesportsmansclub.netfirms.com>, or call Master Sgt. John Cullen at (760) 725-7537. E-mail him at cullenjr@pendleton.usmc.mil.

Mexico border area liberty policy violation update

The San Diego Police Department routinely conducts Operation Safe Crossing with the help of various local law enforcement agencies. Operation Safe Crossing is designed to deter underage drinking in Tijuana, Mexico.

All military personnel without their armed forces identification cards will be denied entry into Mexico.

San Diego police will arrest any people, regardless of age, coming back from Tijuana who are too intoxicated to take care of themselves. Commander Navy Region Southwest Border Shore Patrol will maintain a visual presence and assist SDDP upon request in handling or taking custody of any military personnel.

Mexico liberty policies

Marine Corps Regional Order 1050 requires that all Marines E-3 and below have an out of bounds chit to go to Mexico. Regional order 1050 applies to all lance corporals and below assigned here.

For more information, senior enlisted personnel and officers may contact Mac Celso Rubalcaba via e-mail at rubalcaba.celso@otc.cnrsw.navy.mil or (619) 428-2427/1318.

Submit possible Chevron briefs via e-mail to edward.guevara@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards and regulations of the U.S. Government.

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WHO'S WHO IN MARINE CORPS HISTORY



CPL. IRA HAMILTON HAYES, USMCR

Helped raise the American flag in the famous scene atop Iwo Jima's Mount Suribachi; also participated in Asian-Pacific campaigns on Vella Lavella, Bougainville & Northern Solomon Islands



Ira Hamilton Hayes, participant in the famous flag raising on Iwo Jima, was a Pima Indian, born in Sacaton, Ariz., Jan. 12, 1923. In 1932, the family moved a few miles southward to Bapchule. Both Sacaton and Bapchule are located within the boundaries of the Gila River Indian Reservation in south central Arizona. Hayes left high school after completing two years of study. He served in the Civilian Conservation Corps in May and June of 1942, and then went to work as a carpenter.

In August 1942, Ira Hayes enlisted in the Marine Corps Reserve in Phoenix for the duration of the National Emergency. Following boot camp at Marine Corps Recruit Depot San Diego, Hayes was assigned to the Parachute Training School at Camp Gillespie, Marine Corps Base San Diego. Graduating one month later, the Arizonan was qualified as a parachutist on November 30 and promoted to private first class the next day. Dec. 2 he joined Company B, 3rd Parachute Battalion, Divisional Special Troops, 3rd Marine Division at Camp Elliott, Calif., and he sailed for Noumea, New Caledonia, in March 1943.

In April, Hayes' unit was redesignated Company K, 3rd Parachute Battalion, 1st Marine Parachute Regiment. In October, Hayes sailed for Vella Lavella. He took part in the campaign and occupation of that

island until Dec. 3 when he moved north to Bougainville. The campaign there was already underway, but the parachutists had a full share of fighting before they left on Jan. 15, 1944.

Hayes was ordered to return to the United States. He landed in San Diego Feb. 14, 1944, after slightly more than 11 months overseas and two campaigns. The parachute units were disbanded in February, and Hayes was transferred to Company E, 2nd Battalion, 28th Marines, of the 5th Marine Division, then at Camp Pendleton, Calif.

In September, Hayes sailed with his company for Hawaii for more training. He sailed from Hawaii in January en route to Iwo Jima where he landed on D-day (Feb. 19, 1945) and remained during the fighting until March 26. Then he embarked for Hawaii where he boarded a plane for the U.S. April 15. Days later, he joined Company C, 1st Headquarters Battalion, Headquarters Marine Corps, Washington, D.C.

In May, Hayes, Pfc. Gagnon, Petty Officer 2nd Class Bradley, and Marine Tech. Sgt. Keyes Beech, a combat correspondent, left on a war bond selling tour. In Chicago, Hayes received orders directing his return to the 28th Marines. He arrived at Hilo, Hawaii, May 28 and rejoined Company E. Three weeks later, he was promoted to corporal.

With the end of the war, Cpl. Hayes and his com-

pany left Hilo and landed at Sasebo, Japan, Sept. 22, to participate in the occupation of Japan. One month later, Cpl. Hayes boarded his eleventh and last ship to return to his homeland for the third time. Landing in San Francisco Nov. 9, he was honorably discharged on Dec. 1.

Hayes was awarded a Letter of Commendation with Commendation Ribbon by the Commanding General, Fleet Marine Force, Pacific, Lt. Gen. Roy S. Geiger, for his "meritorious and efficient performance of duty while serving with a Marine infantry battalion during operations against the enemy on Vella Lavella and Bougainville, British Solomon Islands, from 15 August to 15 December 1943, and on Iwo Jima, Volcano Islands, from 19 February to 27 March 1945."

The list of the corporal's decorations and medals includes the Commendation Ribbon with "V" combat device, Presidential Unit Citation with one star (for Iwo Jima), Asiatic-Pacific Campaign Medal with four stars (for Vella Lavella, Bougainville, Consolidation of the Northern Solomons, and Iwo Jima), American Campaign Medal, and the World War II Victory Medal.

Hayes died at Bapchule, Jan. 24, 1955. He was buried on Feb. 2, 1955 at Arlington National Cemetery, in Section 34, Plot 470A.

Source: U.S. Marine Corps History and Museums Division



THIS MONTH IN HISTORY

Selected February dates of Marine Corps historical significance

Feb. 1, 1967

Operation Prairie II was begun in Quang Tri province by elements of the 3rd Marine Division. During the 46-day search-and-destroy operation which terminated March 18, 93 Marines and 693 of the enemy were killed.

Feb. 2, 1944

The 4th Marine Division, as part of the first assault on islands controlled by the Japanese before the start of World War II, captured Namur and eight other islands in the Kwajalein Atoll.

Feb. 6, 1968

Two reduced Marine battalions, the 1st Battalion, 1st Marines with two companies, and 2nd Battalion, 5th Marines with three, recaptured Hue's hospital, jail, and provincial headquarters in Vietnam. It would take three more weeks of intense house-to-house fighting, and nearly a thousand Marines killed and wounded, before the imperial city was secured.



Feb. 11, 1922

Brig. Gen. John H. Russell was appointed U.S. High Commissioner and personal representative of the president to the government of Haiti. This nine-year assignment placed this future Commandant in supreme command of both the occupying American force and the Haitian Gendarmerie.

Feb. 15, 1898

Twenty-eight Marines and 232 seamen lost their lives when the battleship Maine was mysteriously sunk by an explosion in the harbor of Havana, Cuba. Though no

definitive evidence linked the Spanish with the sinking, the cry went up, "Remember the Maine!" and by late April the U.S. and Spain were at war.

Feb. 17, 1967

The first full day of Operation Deckhouse VI, which lasted until March 3, was conducted near Quang Ngai city. The Special Landing Force, Battalion Landing Team Y4 and Marine Medium Helicopter Squadron 363 accounted for 280 enemy killed.



Feb. 23, 1945

Four days after the initial landings on Iwo Jima, 1st Lt. Harold G. Schrier led 40 men from Company E, 2nd Battalion, 28th Marines, up Mount Suribachi to se-

cure the crest and raise the small American flag that battalion commander Lt. Col. Chandler Johnson had given Schrier. Within an hour, the patrol reached the rim of the crater. After a short firefight with Japanese defenders emerging from several caves, the small American flag was attached to an iron pipe and raised over the island.

Feb. 24, 1991

The I Marine Expeditionary Force and coalition forces began a ground assault on Iraqi defenses in the final chapter of Operation Desert Storm. The 1st and 2nd Marine Divisions stormed into the teeth of Iraqi defenses while heavily armored allied forces attacked the Iraqi defenses in Iraq from behind. In 100 hours, U.S. and allied forces defeated the Iraqi Army.

Feb. 28, 1991

Operation Desert Storm ended when the cease-fire declared by President George H. W. Bush went into effect. I Marine Expeditionary Force's strength of more than 92,000 made Operation Desert Storm the largest Marine Corps operation in history. Twenty-four Marines were killed in action during the Gulf War.

Source: U.S. Marine Corps History and Museums Division

AIR BALL

Air Force flattens Marines in tourney; Navy hosts; Army goes all the way; depot Marine picked for All-Services

BY LANCE CPL. DORIAN GARDNER
AND CPL. JESS LEVENS
Chevron staff

The 2005 Armed Forces Men's Soccer Championship came to an end after the final game of the tournament Monday at Naval Station San Diego soccer field.

The Marine Corps faced off against the Navy, the Army and the Air Force in the weeklong tournament that involved the best soccer players in the U.S. military.

The All-Marine team consisted of players from installations all over the world, including Okinawa, Japan, New River, N.C., Camp Lejeune, N.C., and San Diego.

In their final game, Marines went up against the All-Air Force team in the first game of the final competition day.

The air power was too much to handle.

The airmen dominated the Devil Dogs from the get-go. They played impenetrable defense and scored two first-half goals. The Air Force tacked on three more goals in the second half to complete its shutout romp.

"Basically, a big factor in the tournament outcome was disrepair from their commands," said Staff Sgt. Mario Morales of Marine Corps Air Station New River and the All-Marine men's soccer team coach.

Many units were shorthanded due to deployments, and this meant that the usual amount of players on the team could not make it this year.

"We usually have 35 to 40 Marines trying out for the team, but this year ... we had 19," said Morales.

With a brand new team and a lot of starters from last year missing, the

All-Marine team was glad to see one of their players return: Cpl. Eric J. Norfleet, the lone Marine representing Marine Corps Recruit Depot San Diego.

Norfleet made his presence known on the field with excellent ball handling and outstanding endurance.

"We had a great team this year, but we just caught a couple tough breaks," said the three-time All-Marine veteran.

Norfleet, along with two other Marines, has been selected for the All-Armed Forces men's soccer team. The team was announced at the championship awards ceremony Monday afternoon.

The Army won the tournament, followed by the Air Force and then the Navy. The Marine Corps filled in the final spot.



Cpl. Casey Vincent corner kicks into play after an Air Force out-of-bounds. Lance Cpl. Dorian Gardner/Chevron



All-Marine Maj. Abogunrin Bamidele is beat to the ball in the second half. The Air Force shut out the Marines 5-0. Cpl. Jess Levens/Chevron



The Air Force goalie stretches to block a shot that ricocheted off the goal post. Lance Cpl. Dorian Gardner/Chevron



All-Marine soccer coach Staff Sgt. Mario Morales, Marine Corps Air Station New River, N.C., and players watch the team's hopes slip away during the second half. Lance Cpl. Dorian Gardner/Chevron



An Air Force player leaps over Maj. Abogunrin Bamidele, center, and Cpl. Casey Vincent for a header off a goal kick. Cpl. Jess Levens/Chevron



Cpl. Eric J. Norfleet, the only depot Marine on the team, sends the ball downfield in the first half. Cpl. Jess Levens/Chevron



Cpl. Casey Vincent argues an official's call against him during the first half. Lance Cpl. Dorian Gardner/Chevron

Leonard Wood Marines add bite to recruiting

BY SGT. JIMMIE PERKINS
Marine Corps Recruiting Command

When the Marine Corps Detachment staff at Fort Leonard Wood, Mo., turned its students loose on holiday leave recently, there was the anticipation and excitement of seeing which students would succeed at a special mission that some had chosen.

During the recent holiday period, more than half of the Marine students attending military occupational specialty training at Leonard Wood chose to spend their holiday break serving as recruiter assistants.

"I thought, what a great opportunity to help my recruiter and feel like I was making a difference," said Private First Class Stephanie Twichell, from Harahan, La. "It got me involved in my community and kept me in a Marine Corps mode while home."

That was the type of attitude that Col. Daniel Choike, Marine Corps Detachment commanding officer, was seeking when he initiated the Home Team Recruiting Plan. Based on his career experience in both recruiting and recruit training, Choike sought to put together a recruiter assistance program that encouraged participation and achieved results with Marines like Twichell.

"My intent was to ensure our Marine students going home for the holiday period remained in the Marine Corps mind set while assisting local recruiters in meeting the Marine Corps' recruiting goals," said Choike. "The importance of our Corps' recruiting effort throughout the nation is apparent to each of us."

As the responsible authority for more than 700 Marine students, Choike was also able to address post-holiday attrition associated with students leaving the school and Marine Corps environment during their leave and liberty period.

"Taking care of my Marines here is my goal. Marines do their best with a mission and high expectations; by keeping them engaged when they are home, we keep them focused on the Marine Corps and prevent them from falling into the typical traps new Marines face when returning to their old environments," said Choike.

An added benefit was pairing up Marines going to the same geographical location.

"This program presented an opportunity for the students to spend the holiday period with fellow Marines and helped reduce potential liberty incidents," Choike said.

The 377 Marines who participated said they gained valuable knowledge.

"I learned that the appearance of the individual Marine reflects heavily on the entire Marine Corps when you are out in the community," said Twichell. "I also learned there is a lot more to recruiting than what I first imagined. You have to excel in people skills and really manage your time in order to be a successful recruiter."

The recruiters saw that the students were groomed for recruiting before arriving at the stations.

"I could tell that someone had put some time into preparing our recruiter assistant," said Staff Sgt. John George, staff noncommissioned

officer-in-charge of RSS La Puente, Calif. "He came in knowing that this was work, not free leave home. He was ready to go out and get contacts, and he was motivated."

Recruiter assistants are rewarded with career incentives for exceptional performance while assigned to the temporary duty.

"I did this because I wanted the chance to get promoted," said Pfc. Alejandro Davila, who worked for Staff Sgt. George at RSS La Puente.

For privates and privates first class, two contracts netted will earn a meritorious promotion to the next rank. Marines trying to become corporals or sergeants earn an additional 20 points toward their cutting scores for promotion for each contract made because of their efforts.

"Not only is it challenging to find young people who want to talk about their future plans, it is difficult to make the right fit," said Davila, a native of La Puente, Calif. "It is hard to go out and find Americans that may actually have what it takes to be a Marine, based on the many things that recruiters look for."

But Davila and others did find success as recruiter assistants. The student detachment organized an awards program as an added incentive to motivate the young Marines. After returning from recruiter assistance, the students were evaluated by a board based on their overall performance.

"We looked at the number of contacts and contracts each Marine made, their level of daily performance, poolee function attendance, area canvassing, plus we received input from the recruiters they worked with," said Sgt. Maj. Barbara Titus, the detachment sergeant major. "Overall, the top Marine was chosen because she well exceeded the other nominees, performing above and beyond."

The top recruiter assistant for the detachment was Twichell, who made 22 contacts and closed on two contracts during her time at the substation. But more impressive was the effort she put into interacting with the poolees. She engaged in discussions with female poolees and potential applicants, sharing her recent experience with recruit training and helping to give them accurate, credible information. She also worked hard with the poolee physical training program, ensuring the recruit depots received fit recruits.

For her efforts, Twichell received a Navy and Marine Corps Achievement Medal. Twichell and her fellow students who went on recruiter assistance proved to be great assets to the recruiting effort, making 1,635 solid contacts and netting 23 contracts to date.

"They are the best advertisement we can put forward," said George. "Here is a young Marine who everyone knew as a civilian, and now they are squared away, in uniform; you can see the change. It impresses people."

Senior leaders at Marine Corps Recruiting Command said they were very pleased with the results of the program and look forward to continuing the successful program with the Leonard Wood Detachment.



Identical twin brothers Pvt. William Snyder, left, and James Snyder, Platoon 2046, Company H, lived separately for more than three years. They got back together by joining the Marine Corps.
Lance Cpl. Dorian Gardner

Twins rejoin in boot camp after family separation

RECRUIT SPOTLIGHT

BY LANCE CPL. DORIAN GARDNER
Chevron Staff

Mom hit 15-year-old William for the last time. He packed up and moved in with his older sister. Mom never laid a hand on James – the identical twin who stuck around.

More than three years later, James and William Snyder moved back together, reunited under the rule of Marine Corps drill instructors.

As Company H recruits, the twins have so much in common – aside from their indistinguishable faces – that the DIs have a tendency to pair the two.

"We always choose them for recruit missions when we need two (people) because they think so much alike," said Staff Sgt. Cory S. Taylor, Company H drill instructor, Platoon 2046.

Before boot camp, things weren't much different. The two grew up together in a small house with their mother, Nynetta Steelman, and sister in Richland, Wash. Their father left the boys as babies.

The brothers' older sister, Amber Snyder, split to nearby Kennewick, Wash., when she was 17 because her mother abused her. In her daughter's absence, Nynetta released her frustrations on William, the twins said. Though she abused William, she never raised a hand toward James.

"Our mother was a small lady, so the hitting was more annoying than painful, but she did like to throw things," said William, looking to his brother who agreed.

The father was gone and Nynetta needed attention. "We never grew attached (to her suitors) because there wasn't enough time to," said William.

Said James: "Our mother didn't like work, so she thought if she found somebody rich, she wouldn't have to work."

When things were good, the boys would be all right living with their mom's new boyfriend, but when it was bad, they went from rich to poor in a matter of days.

"We were pretty poor growing up so we learned to appreciate things," said William. "One of our mother's ex-boyfriends used to work at a food store and the store overstocked on this cereal. He brought it home and that was all we ate, breakfast, lunch and dinner, for six months."

"When we heard that boot camp served three square meals, we thought, 'Lets go.'"

The twins suspect their mother suffers from bi-polar disorder. "Happy one second, crazy the next," said William.

When William was 15, he decided it would be better if he moved out, so he moved in with his sister at her apartment. For the first time in their lives, the twins would not be sharing a room.

The two still went to the same high school, but with just a few minutes in between classes, they didn't see each other much during the day.

"We both had different schedules, different rides home," said James. "Our relationship was over the telephone."

"Mainly it turned from brothers to hanging out," said William. "Friends," James added quickly.

Even though they were separated, they still had the weekends.

"We used to get the same game on PlayStation 2 because we didn't have the Internet," said William. "We would buy the same game and race each other to the end of the same level."

During James' senior year, he joined the Marine Corps and soon after told his brother, "Hey Will, I just signed up."

"Okay, I'll be up there tomorrow," said William.

As children, the twins used to play soldiers in their 10-acre backyard. It was filled with trees and bushes, and they imagined themselves in Vietnam on a patrol, looking for the enemy.

"When we were young, we used to watch all those Marine movies, play the games," said William. "That was when we decided to join the Marine Corps."

After three years of separation, they found themselves back under the same roof for the first time at boot camp.

"It was cool," said James. "Everyone was scared and confused. Me and Will used to stay up at night and tell stories about things that happened."

The twins were a unique test for the drill instructors.

"It was difficult because every time we would correct one Snyder, the other Snyder would move," said Taylor. "We had to make sure that they were always separated in the platoon during drill because the same thing would happen."

They came to the Corps together, and James enlisted open-contract to ship off with William on the same day. The Marine Corps brought them together, and graduating today as privates, the Snyder twins said they hope to keep together on their journeys.

Life-threatening experiences like combat cause nightmares and flashbacks

PTSD, from pg. 1

is Medical Holding Platoon at Naval Medical Center San Diego, commonly known as Balboa.

GOING DOWN

Recalling his last moments in combat, Collier said a radio was strapped to his back as he took a knee in a seemingly safe place. He was passing word to another platoon when an AK-47 round entered the back of his left shoulder and mushroomed into his lung, leaving him paralyzed in a faced-up fetal position – hearing and seeing, but frozen and not breathing.

"Ugh, that 'pop!'" Collier recalled. "I remember laying on my back just looking up in the worst pain ever. Imagine taking a sledgehammer to the back of your shoulder and driving railroad ties in your spine."

Navy corpsmen rushed in, dodging bullets to tend to the fallen one. As a platoon mate dragged Collier to safety, the docs rushed to cut away his blood-soaked gear.

"RPGs were going off all around," said Collier. "By the time they got me to the Humvee I was pretty much in my boots and boxers. I could hear rounds hitting the side of the truck while they worked on me. Tink-tink-tink! Staff Sgt. (Oscar) Castillo slung his rifle over his back and shielded my body."

Collier faded in and out on the truck while the docs tried to stop his bleeding and keep him breathing.

"Breathing got harder and harder," said Collier. "Every time I closed my eyes I saw that light. It was so easy to just give up and let go, but every time I faded, someone slapped me and woke me up."

While a doc examined the bullet wound, Collier heard someone yell, "Oh no!" – never a good thing to hear in a condition like Collier's. The corpsman discovered another wound on the other side of Collier's back.

Collier said he was lucky to feel the pain: "It hurt like hell, but at least I could feel it. I knew if I couldn't feel the pain, I was about to die. I lost a lot of good friends in that desert. (Lance Cpl.) John Collins – he was my best, best friend ... He didn't even have a chance to feel the pain."

The docs patched him up and the Humvee sped away. After a chest tube and having half of his lung removed, Collier found himself at Balboa – his twelfth hospital since he went down.

THE MINI-MARRIOT

"This place is nice compared to the others," said Collier with his thin physique sprawled out on a thick, American flag comforter. "I call it the mini-Marrriot."

Collier pressed the pause button on his wireless PlayStation controller to give the grand tour: a walk-in closet, a TV with a VCR and DVD player, a full bathroom and a kitchen area.

At the medical center, Collier undergoes acupuncture, physical therapy, water therapy and psychological therapy. He can't quite stand up straight, and he walks with a slight limp, but he said it's a big improvement.

"The first time I put my feet on the ground was at the hospital in Germany," said Collier, who lost more than 25 pounds of muscle weight. "I was hunched over like an old man. They wanted me to use a wheelchair, but I refused."

His father, Rex Collier, added, "We saw Bradley at Thanksgiving, and it was pretty tough. No father likes to see his

son hurt. As a concerned parent, I had been dreading this all along, and when it happened, it came as a shock. After all the different hospitals, it sounds like they are taking good care of him at Balboa."

THE DISORDER

Apart from Collier's physical ailments, he said the most frustrating problem has been the hidden scars: Post-Traumatic Stress Disorder.

According to the National Center for Post-Traumatic Stress Disorder, "PTSD is a psychiatric disorder that can occur following the experience or witnessing life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents, abuse (sexual, physical, emotional, ritual) and violent personal assaults like rape. People who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping, and feel detached or estranged, and these symptoms can be severe enough and last long enough to significantly impair the person's daily life."

"What really kills me is that I used to be so locked on and strong," said Collier. "Now even loud noises freak me out. If the toilet seat drops or my doorbell rings, my heart jumps. I constantly look behind me and sit with my back to a wall."

He gingerly stood and walked to his window. He wore a white T-shirt and sweats because his doctors feel that military uniforms may further spark stress episodes.

"See those Navy League towers outside?" he asked as he peered through

the blinds. "I constantly look out there, and I picture snipers in those towers, or I see Marines storming the rooftops. The doctors say my mind is still in a heightened state of alert."

Marine Corps leaders are aware of this disorder, and they want all Marines to understand it as veterans of foreign wars return from combat.

"PTSD is one of the biggest concerns we have in the Corps," said Col. Ana R. Smythe, Headquarters and Service Battalion' commanding officer. Collier and other war-wounded Marines are administratively attached to H&S Bn., though they reside at Balboa. "It's one area that we aren't very familiar with. We do a hell of a job repairing physical wounds, but these mental wounds are completely different."

‘A lot of times Marines who have PTSD are afraid to tell anyone ... But there is nothing wrong with telling someone. The first step to beating PTSD is to understand it.’

— Cpl. Bradley A. Collier



Military doctors have deemed Cpl. Bradley A. Collier's war wounds to be so serious that he is unable to continue serving in the Marine Corps. He is likely to receive a medical retirement, and when he is healthy enough, he will go home to his family and future wife in Nashville. *Cpl. Jess Levens/Chevron*

Smythe said some of PTSD's problems exist through the "hardcore" mindframe: "We can handle it. It's part of our ethos to just deal with problems, so Marines don't like to tell people they have PTSD."

She said symptoms aren't instantly apparent and there is usually a three- to four-month meltdown period.

"Some people's personalities change. They can become violent or aggressive, and some just suffer from depression. It's different with each person," said Smythe. "Right now the Marine Corps is coming up with a training program to help Marines understand PTSD, and (the program) will give advice on how to help Marines who are in garrison after suffering combat stress."

"I lived during the Vietnam War. Then, nobody knew about PTSD and these mentally damaged vets were just released into the world. So many of these homeless people on the streets are Vietnam vets suffering from PTSD."

Said Collier: "I've talked to retired vets who have PTSD and one told me he still finds himself low-crawling down his hallway some nights. It's really a big problem. A lot of times Marines who have PTSD are afraid to tell anyone because they think it can affect their records or promotions. But there is nothing wrong with telling someone. The first step to beating PTSD is to understand it."

MOVING ON

Collier recently left the hospital to go to Aspen, Colo., with Lance Cpl. Jeremiah Anderson, another wounded Marine who suffers from PTSD. The all-expenses paid trip comes courtesy of a charity group called Challenge Aspen, which gives mile-high ski trips to wounded vets.

After more than 180 patrols in Iraq and multiple firefights, Collier's leaders promoted him to corporal, combat meritoriously. His exploits also warranted a Navy and Marine Corps Achievement Medal with the combat-distinguishing device, and he received the Purple Heart Medal after his wounds. But Collier said the promotion to corporal is the most meaningful, and being a noncommissioned officer holds a special meaning to him.

"For me, the NCO blood stripe means a lot," said Collier. "It was given to NCOs for their bloodshed and sacrifice. I left a lot of blood in Iraq, and now I really know it's special."

"When I joined the Corps, I wanted the toughest, dirtiest job I could find. Of course I knew death was a possibility, especially in the infantry. But you never really count on a sniper's bullet hitting you from behind."

Collier can no longer serve in the Corps because of his wounds, and medical retirement seems most likely. After he is medically stable enough, he will go home to his family and future wife, Kelly, in Nashville. "I just can't do it anymore," said Collier. "It really bothers me that I'm not what I used to be, but I did my part."

Rex Collier agreed: "It will be nice to have him home again. My son did his duty for this country. I just can't wait to have him back and help him adjust to a normal life again."

For Marines like Collier and Anderson, their physical wounds will heal, and with research and understanding, they have a better chance to overcome PTSD. Those who never tell anyone about having the disorder have a significantly smaller chance to recover. For now, adjusting to a normal life is the battle.

For more information about PTSD, visit the National Center for Post-Traumatic Stress Disorder Web site at www.ncptsd.org.

HOTEL COMPANY



Platoon 2042
COMPANY HONORMAN
Lance Cpl. J. T. Hoey
Yuma, Ariz.
Recruited by
Sgt. J. C. Huerena



Platoon 2047
SERIES HONORMAN
Pfc. T. J. Tucker
Parker, Colo.
Recruited by
Staff Sgt. J. A. Sadien



Platoon 2041
PLATOON HONORMAN
Pfc. L. H. Flores
East Bernard, Texas
Recruited by
Sgt. M. Diaz



Platoon 2043
PLATOON HONORMAN
Pfc. M. C. Cole
Ventura, Calif.
Recruited by
Staff Sgt. P. E. Haley



Platoon 2045
PLATOON HONORMAN
Pfc. O. P. Anaya
Roswell, N.M.
Recruited by
Staff Sgt. A. A. Gomez



Platoon 2046
PLATOON HONORMAN
Pfc. L. S. Montero
Manteca, Calif.
Recruited by
Staff Sgt. L. Villegas



Platoon 2043
HIGH PFT (300)
Pfc. A. J. Nelson
Paramount, Calif.
Recruited by
Sgt. J. L. Garduno



Platoon 2042
HIGH SHOOTER (244)
Pvt. J. R. Cozens
Seattle
Marksmanship Instructor
Sgt. M. B. Tynan

SECOND RECRUIT TRAINING BATTALION

Commanding Officer
Lt. Col. V. A. Ary
Chaplain
Lt. Cmdr. W. P. Neis
Sergeant Major
Sgt. Maj. T. T. Hoskins
Battalion Drill Master
Staff Sgt. D. A. Headrick

COMPANY H

Commanding Officer
Capt. B. H. Ramsey
Company First Sergeant
Gunnery Sgt. D. K. Sanford

SERIES 2041

Series Commander
Capt. S. W. Glenn
Series Gunnery Sergeant
Staff Sgt. R. Morales

SERIES 2045

Series Commander
Capt. A. L. Smith
Series Gunnery Sergeant
Staff Sgt. O. X. Gomezcoello

PLATOON 2041

Senior Drill Instructor
Staff Sgt. H. Figueroa
Drill Instructors
Staff Sgt. W. D. Brown
Sgt. D. C. McCarthy
Sgt. N. J. Purtell
Sgt. A. J. Stitt

Pvt. J. A. Alvarado
Pvt. B. C. Anderson
Pvt. R. E. Bacchus
Pvt. R. T. Bivens
Pvt. R. A. Bolio
Pvt. J. K. Boudreaux
Pfc. N. J. Bynum
Pvt. J. R. Cadwell
Pvt. N. M. Cain
Pfc. R. Cardona
Pvt. C. A. Carle
Pvt. D. R. Cirilo
Pvt. S. A. Clem
Pvt. B. B. Connell
Pvt. L. R. Dahling
Pvt. J. D. Daugherty
Pvt. J. G. Day
Pvt. J. L. Deel
Pvt. J. L. Earl
Pvt. W. J. Farber
*Pfc. L. H. Flores
Pvt. K. R. Fortner
Pvt. P. E. Gatlin
Pfc. R. R. Gilbertson
Pvt. N. D. Goetz
Pvt. J. H. Gonzalez Salinas
Pvt. K. A. Gray
Pvt. T. V. Griffith
Pfc. R. L. Haight
Pvt. J. E. Harmon
Pvt. R. T. Hatcher
Pvt. J. D. Hayes
Pvt. J. L. Her
Pvt. A. C. Hernandez
Pvt. S. C. Herrera
Pvt. R. R. Hirst
Pvt. H. N. Ho
Pvt. J. T. Horner
Pvt. P. A. Ibarra
Pvt. B. L. Jacob
Pfc. M. A. Kalas
Pvt. C. D. Knapp
Pvt. W. E. Landry
*Pfc. M. A. Lee
Pvt. J. T. Little
Pvt. J. N. Mendoza
Pvt. M. Perez
Pvt. M. E. Robbs
Pvt. A. Sanchez
Pvt. N. C. Voshall
Pvt. O. K. Wood

PLATOON 2042

Senior Drill Instructor

RECRUIT TRAINING REGIMENT

Commanding Officer
COL. W. M. CALLIHAN
Sergeant Major
SGT. MAJ. M. L. SHEPARD
Regimental Drill Master
GUNNERY SGT. C. WALKER
Parade Adjutant
CAPT. J. D. DIAZ
Narrator
STAFF SGT. R. E. JIMENEZ

MARINE BAND SAN DIEGO

Band Officer
CHIEF WARRANT OFFICER E. M. HAYES
Band Master
MASTER SGT. D. W. PRICE

COLOR GUARD

SGT. J. E. BAKER
SGT. R. D. FRASER
PVT. T. T. WHITCHER
PVT. B. A. SEALY

Pvt. J. F. Chapman
Pvt. J. S. Chu
Pvt. J. J. Cortez Bautista
Pfc. M. F. Earl
Pvt. M. J. Edgcombe
Pvt. J. I. Galindo
Pvt. J. T. Gavin
Pvt. E. E. Gonzalez
Pvt. M. E. Houston
Pvt. K. J. Inos
Pvt. K. R. Kelley
Pfc. M. L. King
Pvt. A. G. Krol
Pvt. D. W. Manning
Pvt. A. I. Maraga
Pvt. A. D. Martinez
Pvt. I. Martinez
Pfc. R. C. Martinez III
Pvt. L. K. Mauerman
Pfc. G. H. Moore
Pvt. J. J. Morris
Pvt. D. H. Nguyen
Pfc. A. D. Nguyen
Pvt. R. C. Nordstrom
Pvt. A. S. Norman
Pvt. S. Oriyavong
Pvt. J. C. Pangellinan
Pvt. J. M. Pena
Pvt. S. K. Perrone
Pvt. B. S. Pittman
*Pfc. C. M. Port
Pfc. K. P. Putnam
Pvt. J. F. Riddle
Pvt. F. J. Sanchez
Pvt. D. Sanchez
Pfc. J. L. Sanford
Pvt. J. A. Schmidt
Pfc. H. M. Spain
Pvt. J. J. Spooner
Pvt. A. S. Virostzko
Pvt. J. A. Watson
Pvt. J. K. Watson
Pvt. J. M. Wolf
Pfc. X. Zou

Pvt. J. A. Arancivia
Pvt. M. R. Ballis
Pfc. P. M. Batten
Pvt. A. M. Bermudez
Pvt. S. R. Brown
Pvt. P. E. Butler
Pvt. S. D. Cabral
Pvt. P. S. Chavez
Pfc. M. C. Cole
Pfc. W. A. Davis
*Pfc. D. De La Torre
Pvt. J. L. Garciaastro
Pvt. J. D. Gibson
Pvt. M. A. Gonzalez
Pfc. B. E. Howe
Pvt. T. S. Hubbard
Pvt. M. Ivashchenko
*Pfc. J. R. Izaguirre
Pfc. M. T. Jecha
Pvt. T. M. Jeffers
Pvt. T. T. Johnson
Pvt. I. M. Jones
Pvt. R. J. Kislia
Pvt. E. W. Lawson
Pvt. T. T. Le
Pvt. T. J. Livell
Pvt. P. R. Luciu
Pvt. C. I. Lupercio
*Pfc. D. A. Mack
Pvt. F. J. Marquivatovar
Pfc. N. Martinez

PLATOON 2045
Senior Drill Instructor
Gunnery Sgt. D. D. McDuffie
Drill Instructors
Staff Sgt. J. B. Noel
Staff Sgt. H. Garcia
Staff Sgt. J. L. Romero

Pvt. C. R. Allen
Pfc. O. P. Anaya
*Pfc. D. J. Avalos
Pvt. J. S. Babcock
Pvt. E. D. Berry
Pvt. D. J. Camacho

PLATOON 2046

Senior Drill Instructor
Staff Sgt. C. C. Gonya

Drill Instructors
Staff Sgt. Y. R. Gonzales
Staff Sgt. C. S. Taylor
Staff Sgt. M. N. Torres

Pvt. J. Bun
Pvt. G. M. Gonzales
Pvt. J. M. Harre
Pvt. T. A. Harvey
Pfc. S. Kok
Pvt. M. F. Larsen
Pvt. J. T. Maczynski
Pvt. J. K. Margalski
Pvt. J. Matamoros
Pvt. D. K. McCarthy
Pvt. D. Q. McGruder
Pvt. Z. A. Miller
Pvt. J. H. Mitchell
Pfc. L. S. Mize
*Pfc. L. S. Montero
Pvt. J. M. Moody
Pvt. D. E. Pike
Pvt. B. A. Pribble
Pvt. H. F. Reed
Pfc. T. W. Reid
Pvt. J. L. Rentmeester
Pvt. C. C. Riley
Pvt. B. N. Robbins
Pvt. J. L. Rossi
Pvt. J. W. Rud
Pvt. R. E. Russell
Pvt. J. Salazar
Pvt. A. C. Salazar
Pvt. K. C. Shelby
Pvt. M. W. Shultz
Pvt. J. W. Smith
Pvt. A. L. Smith
Pvt. J. C. Snyder
Pvt. W. J. Snyder
Pvt. R. Solorio
Pvt. A. P. Stevens
Pvt. D. G. Stose
Pvt. S. M. Talley
Pvt. C. M. Truax
Pvt. T. B. Ulip
Pvt. N. A. Vasquez
*Pfc. C. T. Verdon
Pfc. A. M. Verhagen



Pvt. Sam M. Talley, Platoon 2046, prepares his rifle sling while practicing for Company H's final drill competition. Lance Cpl. Dorian Gardner/
Chevron

Pvt. C. E. Vigesaa
Pfc. J. P. Walker
Pvt. R. J. Williams
Pvt. A. P. Woods
Pvt. T. D. Word
Pvt. A. L. Zarbinski

PLATOON 2047

Senior Drill Instructor
Staff Sgt. J. C. Johnson
Drill Instructors
Staff Sgt. S. Barajas
Staff Sgt. C. A. Munoz

Staff Sgt. T. L. Jackson
Staff Sgt. J. L. Soliz

Pvt. G. F. Arteaga
Pvt. E. Garcia
Pfc. P. M. Richardt
Pvt. J. D. Guth
Pvt. J. Her
Pvt. J. A. Lee
Pvt. M. J. Livingston
Pfc. N. R. Molina
Pvt. C. C. Neill
Pfc. M. J. Nelson

Pvt. K. M. Nelson
Pvt. A. K. Oogjen
Pvt. J. M. Parli
Pvt. K. J. Radomski
Pvt. S. G. Reyes
Pfc. D. M. Richardson
Pvt. C. J. Robles
Pvt. L. W. Rockwell
Pvt. F. Rodriguez
Pvt. B. A. Sealy
Pvt. D. U. Shirk
Pvt. C. R. Shuck
Pvt. M. P. Shupe

Pvt. Z. S. Stoddart
Pvt. B. E. Summers
Pvt. J. L. Sutcliffe
Pfc. R. S. Talbot
Pvt. E. N. Terreros
Pfc. J. A. Willson
Pfc. T. J. Tucker
Pvt. O. Ureste
Pvt. A. J. Vanalstine
Pvt. J. Vega
Pvt. N. R. Wada
Pvt. E. A. Wait
Pvt. A. K. Warner

Pvt. T. T. Whitcher
Pfc. N. P. Whitwood
Pvt. R. L. Wiley
Pfc. A. W. Williams
*Pfc. W. J. Willow
Pfc. J. A. Willson
Pvt. N. J. Winterfeld
Pvt. J. D. Wolfram
*Pfc. N. A. Zepeda
Pvt. J. W. Zuetlau
Pvt. R. Zuniga

*Meritorious promotion



Retired Adm. Stanley R. Arthur

PARADE REVIEWING OFFICER

Retired Adm. Stanley R. Arthur is a graduate of Miami University. He earned a bachelor's degree in aeronautical engineering from the U.S. Navy Postgraduate School, and he received his master's degree in administration from George Washington University.

In 1996, he received the Admiral Arleigh A. Burke Leadership Award from the Navy League. He was appointed president of Lockheed Martin Missiles and Fire Control Orlando, in July 1999. Lockheed Martin Missiles and Fire Control is a world leader in air and missile defense systems, fire-control systems, strike weapon systems and tactical missile systems. The two principal facilities are located in Orlando, Fla., and Dallas.

Adm. Arthur is responsible for all Orlando operations including design, development, production and support of advanced combat systems for the armed forces. Operations include engineering and development facilities in Orlando, an electronics manufacturing facility in Ocala, Fla., and a state-of-the-art missile production plant in Troy, Ala.

Arthur, who joined Lockheed Martin in 1996, was formerly vice president for Washington operations for the Lockheed Martin Electronics Sector. In that position, he was responsible for coordinating business and identifying potential needs for future development. Previously, he served in similar positions for Loral Corporation and Lockheed Martin Tactical Systems.

Before joining Lockheed Martin, Adm. Arthur served for more than 38 years as an officer in the U.S. Navy.

He is married to the former Jennie Lou Mapes of Jackson, Ohio. They have four married children: Erin, Brian, Derek, and Brad.

COMPANY CURIOSITIES

Here's how men from Hotel Company answered Chevron's questions about their interests and boot camp experiences:

Q: Did you ever sneak food?



Pvt. Scott A. Clem Kalispell, Mont.

A: This recruit saved MRE candy.

Q: What was the worst day of boot camp?



Pvt. Scott A. Clem Kalispell, Mont.

A: When this recruit was caught with the MRE candy.

Q: What were the hardest habits to break?



Pvt. Michael Lee Purcell, Okla.

A: Leaving toothpaste in the sink.

Q: What was the scariest recruit training moment?



Pfc. Jason L. Earl Weidman, Mich.

A: The "Slide For Life." Sliding down the rope and trying not to fall off.

Q: Where would you like to be stationed?



Pvt. Phillip E. Gatlin Roff, Okla.

A: California. I like the West Coast.

Q: What's the best MRE?



Pvt. Benjamin C. Anderson Arlington, Texas

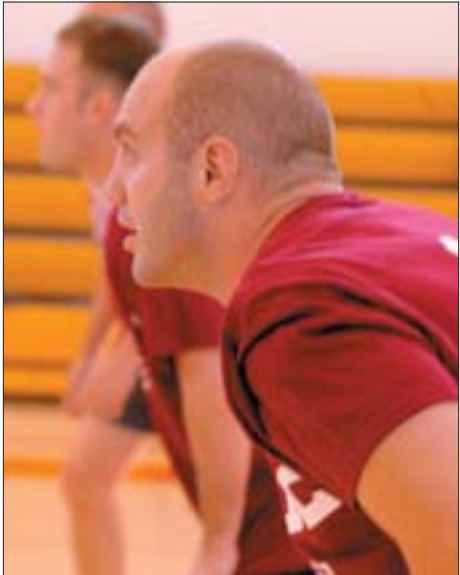
A: Enchiladas and Spanish rice. It tastes good with Tabasco.



Platoon 2046 drill instructor Staff Sgt. Ysidro R. Gonzalez prepares Pvt. Clayton C. Riley for Company H's final drill competition held Tuesday. Lance Cpl. Dorian Gardner/
Chevron



(Front to back) District’s Sgt. Stephen L. Standifird, Lt. Col. Frank R. Motley and Chief Warrant Officer Anthony M. Christopher watch as their squad finishes out the second game of the series, winning the match. *Lance Cpl. Dorian Gardner/Chevron*



Coast Guard Petty Officers 2nd Class Beau O. Rummel and Nathan R. Rowley wait for District to serve. *Lance Cpl. Dorian Gardner/Chevron*

SITTIN’ ON TOP

Last year’s champs threaten repeat; shutout Coasties



Coast Guard Petty Officer 2nd Class Sean P. McNamara serves to District. *Lance Cpl. Dorian Gardner/Chevron*

BY LANCE CPL. DORIAN GARDNER
Chevron staff

In the fourth week of the Commanding General’s Cup volleyball tournament, reigning champions 12th Marine Corps Recruiting District defeated Coast Guard 2-0 at the field house Tuesday in the teams’ first meeting this season.

Pressure was high for the Coast Guard before the game began. The tournament requires at least five players to be present to start a game, and the Coast Guard found themselves shorthanded with only three players just minutes before the game. With less than a minute, two players showed up and a sixth came into play during the first game.

Sgt. Natalie M. Ortiz made her first appearance on the court with District during this game.

“It was a good game,” said Ortiz. “Our communication was good, and we used a lot of teamwork.”

After a 25-13 win in the first set, District kept the momentum going. After the start of the second game, District quickly gained control and didn’t

hesitate to open the scoreboard. They finished the game 25-15.

With their 2-0 record, last year’s CG’s Cup volleyball champions look to repeat.

“I wouldn’t say that we are building a dynasty, but we are sure getting as close to it as we can,” said District’s Cpl. Johnathan D. McLamore. This 10is McLamore’s first year playing with the District volleyball team. McLamore comes from a championship team in Okinawa, Japan, and is eager to share this year’s championship with District.

“We have a core of players this year,” said McLamore. “A lot of last year’s players are returning so it looks like we have a big chance.”

There was a team that had to forfeit Tuesday. Third Battalion forfeited against Service Company after only three of its players showed up.

Big Blue’s Gunnery Sgt. Christopher T. Balcazar was still eager to play even though the team was shorthanded.

Coast Guard will face Depot Adjutant, previously known as Legal, in its final game of the regular season. Playoffs are scheduled to start Feb. 15.

VOLLEYBALL SCHEDULE (FEB. 8)

10 a.m. MSST vs SERVICE COMPANY
11 a.m. 3RD BATTALION vs DENTAL
12 p.m. ADJUTANT vs COAST GUARD
1 p.m. DISTRICT vs 1ST BN

SERVICE CO. 3RD BN.	25 25 FORFEIT
COAST GUARD DISTRICT	13 15 25 25
SERVICE CO. DENTAL	25 25 11 13
MSST DENTAL	25 03 15 16 25 02